

2015

Living Healthy in Greater Cleveland



A resource manual for people with disabilities who live in Cleveland and want to become healthy with exercise and nutrition.

Healthy Living Program
www.thearcofgreatercleveland.org
2421 Community College Avenue
Cleveland, Ohio 44115
216-622-0755

General Nutrition Resources

Americans In Motion - Healthy Interventions

This website has a series of handouts helping you to discover how to become healthy with practical tips. There are a number of handouts which address the following:

- All Foods Fit
- Am I Hungry?
- End Mindless Eating
- Every Little Bit Counts
- Fat Facts
- Getting Started
- Healthier Eating: Getting Where You Need to Be
- How to Measure Your Meal
- Life Balance--Investing in You!
- Manage Your Stress
- One Step at a Time
- Overcoming Physical Activity/Exercise Obstacles
- Search Your Shelf
- Think Your Drink

Contact

www.aafp.org/patient-care/public-health/fitness-obesity/aim-hi/patient-ed.html

ChooseMyPlate Nutrition Resources

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children.

Contact

www.choosemyplate.gov

STRONGSVILLE

Ernfelt Recreation Center Nutritional Consult

This invaluable consult is designed to reach all members, whether you are looking to improve cholesterol levels, blood pressure, weight, sports performance, or even manage diabetes better. Our Registered and Licensed Dietitian, Angel Bobula, can help you achieve all your goals and guide you to creating your own personal profile. Includes metabolism evaluation, overview of nutritional habits, and designing customized meal plans specific to your goals.

Location

18100 Royalton Rd.
Strongsville, OH 44136

Contact

Fitness Supervisor: Ned Hamad
440-580-3260

Fees

Members: \$45
Non-Members / Residents: \$50
Non-Members / Non-Residents: \$55

Remarks

Sign up at the front desk and you will receive a call within 24-48 hours to set up your individual and personalized appointment.

Fruits and Veggies, More Matters

Fruits & Veggies–More Matters® is a health initiative focused on helping Americans increase fruit & vegetable consumption for better health. The program is spearheaded by Produce for Better Health Foundation (PBH), a 501(c)(3) nonprofit organization that has partnered with the Centers for Disease Control & Prevention (CDC) to help spread the word about the health benefits of adding MORE fruits & veggies to your diet.

Contact

www.fruitsandveggiesmorematters.org/

Harvard School of Public Health: Nutrition Source

The Nutrition Source provides evidence-based diet & nutrition information for clinicians, health professionals, the media and the public. The Healthy Eating Plate helps you create healthy & flavorful meals. Created by nutrition experts at Harvard School of Public Health in conjunction with Harvard Health Publications, The Healthy Eating Plate addresses key flaws in the U.S. Department of Agriculture's MyPlate

Contact

<http://www.hsph.harvard.edu/nutritionsource/>

Healthy Eating and Lifestyle Resource Center

Get started on a path to a healthier you with simple ideas for heart-healthier living. Browse and search hundreds of fresh and heart-healthy recipes for every meal or download a calorie-controlled, 28-day heart-healthy meal plan with a printable shopping list.

Contact

recipes.millionhearts.hhs.gov/

MIDDLEBURG HEIGHTS

Individualized Nutrition Counseling

These one-on-one outpatient consultations with a registered dietitian are available to help you learn how to improve your health through proper diet and lifestyle changes. Day, evening and weekend appointments are available. Call for specifics.

Location

Southwest General Health Center
18697 Bagley Rd
Middleburg Heights, OH 44130

Contact

Call for specifics.
440-816-8605

Let's Move!

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, Let's Move! is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every family has access to healthy, affordable food. And, helping kids become more physically active.

Contact

www.letsmove.gov

Related Resources

- [Ernfelt Recreation Center Nutritional Consult](#) - Strongsville

Nutrition.gov

Providing easy, online access to government information on food and human nutrition for consumers. A service of the National Agricultural Library, USDA. Nutrition.gov provides easy access to vetted food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. Providing science-based dietary guidance is critical to enhance the public's ability to make healthy choices in the effort to reduce obesity and other food related diseases. Since dietary needs change throughout the lifespan, specialized nutrition information is provided about infants, children, teens, adult women and men, and seniors. Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. The site is kept fresh with the latest news and features links to interesting sites.

Contact

www.nutrition.gov/

Rising Harvest Farms (Share Fresh Produce Each Week)

Rising Harvest Farms was established in 2012 to create a sustainable urban farming system that serves the local community by creating new employment and educational opportunities, improving the local availability of healthy food, and supporting green efforts in our city. This is a vision that grew from the intersecting priorities of creating diversity in job skill training opportunities for individuals with developmental disabilities and increasing access to wholesome food grown locally. For current share prices, please visit the Rising Harvest Farms website.

Contact

<http://risingharvestfarms.org/>

Self-Advocacy Online

A number of online video shows dedicated to various topics teaching self-advocacy skills including nutrition and exercise. The entire website is narrative modules, so it is easily accessible.

Contact

selfadvocacyonline.org

Related Resources

- [Ernfelt Recreation Center Nutritional Consult](#) - Strongsville
 - [Harvard School of Public Health: Nutrition Source](#)
 - [Heinen's Grocery Store Nutrition and Cooking, Classes and Resources](#)
 - [Let's Move!](#)
 - [We Can! \(Ways to Enhance Children's Activity & Nutrition\)](#)
-

The American Heart Association

Under their "Getting Healthy" tab there are a number of resources for nutrition, fitness, stress reduction, weight management, quitting smoking, workplace wellness, and healthier kids. Learn how to eat healthy, shop for healthy foods, healthy food preparation, how to make healthy food choices when eating at restaurants, how to get fit and stay motivated, cook with your kids and more.

Contact

www.heart.org/HEARTORG/

We Can! (Ways to Enhance Children's Activity & Nutrition)

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight. We Can! provides helpful information and dozens of valuable resources for your family, including tips, worksheets, and tools, all designed to help your family stay healthy. Learn more about healthy weight basics and how to help your family eat right, get active, and reduce screen time.

Contact

www.nhlbi.nih.gov/health/educational/wecan/

Related Resources

- [Ernfelt Recreation Center Nutritional Consult](#) - Strongsville
- [Harvard School of Public Health: Nutrition Source](#)

Nutrition Resources for Kids

Healthy Eating and Lifestyle Resource Center

Get started on a path to a healthier you with simple ideas for heart-healthier living. Browse and search hundreds of fresh and heart-healthy recipes for every meal or download a calorie-controlled, 28-day heart-healthy meal plan with a printable shopping list.

Contact

recipes.millionhearts.hhs.gov/

KidsHealth

Provides an explanation about the body, how it works, growing up, staying healthy, recipes, staying safe, illness, injuries and feelings. Very interactive format and accessible to children with reading disabilities through auditory prompting.

Contact

<http://kidshealth.org/kid/>

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Nutrition and Cooking Classes & Resources

Cleveland Crops Nutrition and Cooking, Classes and Resources

Cleveland Crops is an agriculture and food processing training and employment program designed to create innovative work opportunities and new career choices for adults with developmental disabilities. Through Cleveland Crops, SAW, Inc. has created several urban farms to grow local food, and train/employ people in the food industry. When you choose to participate in our CSA, you are supporting adults with developmental disabilities in Cuyahoga County who are involved in our agriculturally focused job training program. Community Supported Agriculture (CSA) redefines the relationship between farmers, customers and the natural biological systems that make up farms. In a CSA program, a customer financially commits to a full season prior the start of the growing season. Members enjoy the freshest, most affordable and nutritious produce harvested from our local farms, just in time for CSA delivery. For current prices on a share, please see the Cleveland Crops website above.

Contact

<http://clevelandcrops.org/collections/csa>

Related Resources

- [Heinen's Grocery Store Nutrition and Cooking, Classes and Resources](#)

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Heinen's Grocery Store Nutrition and Cooking, Classes and Resources

At Heinen's, we are committed to the overall health and longevity of our customers, our neighbors and our communities. This is evident in the ever-growing selection of super foods, as well as organic and whole foods. As a matter of fact, Heinen's has partnered with holistic physician and author, Dr. Todd Pesek, MD, making him our Chief Medical Officer. The first of his kind in the United States! [Stop in to your neighborhood Heinen's and get to know the Wellness Consultant there.](#) Let them be your resource and your guide for achieving and maintaining good health. The Heinen's website also provides tips and ideas about healthy recipes, superfoods, vitamins and supplements, and how to read nutrition labels.

Contact

<http://www.heinens.com/departments/wellness/>

Related Resources

- [Cleveland Crops Nutrition and Cooking, Classes and Resources](#)

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recipes.millionhearts.hhs.gov/

Healthy U Ohio (For Adults)

Better Choices, Better Health® is a six-week online workshop. You can participate anytime and anywhere you have Internet access. Workshops are designed for people living with health problems such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety or any other long term health problems. A pair of trained facilitators, at least one of whom has an ongoing health problem, leads the workshop. While in the workshop, you will be able to:

- View weekly workshop lessons on a variety of topics such as healthful eating, exercise, making decisions, goal setting and communication skills
 - Join up to 25 other workshop members who are also living with ongoing health problems
 - Learn useful ways to deal with pain, fatigue, and stress
 - Track your goals and celebrate your success
 - Learn tips to manage your day-to-day activities
 - Share your experiences and help others
 - Discover fresh, practical ways to live better and healthier
-

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Contact

www.heart.org/HEARTORG/

Organized Sports Outside of Cuyahoga County

Achievement Centers Adapted Sports

These adapted programs are open to children and young adults 7 years and older with physical limitations and/or cognitive/developmental delays and are adapted for every skill level. Rules are modified for players' abilities and teams compete against players of similar skill levels.

Fee \$75.00

Adapted Soccer Program (January – March)

Adapted Football Program (May – July)

Baseball (August – September)

Wheelchair Basketball (October – April)

Location

Locations vary by clinic and sport

Contact

Mike Urban

(440) 238-6200 ext. 245

mike.urban@achievementctr.org

www.achievementcenters.org

Adaptive Sports Ohio

The Adaptive Sports Program of Ohio (ASPO) is a 501(c)3 organization established to promote the health and wellness of individuals with physical disabilities by providing competitive and recreational adaptive sport opportunities throughout the State of Ohio. Currently, ASPO offers ten sports in Ohio, and has partnered with the U.S. Olympic Committee to offer Paralympic Sport Ohio. Our headquarters are in Wooster, Ohio, however, we have active programming in Cleveland, Akron, Columbus, Wooster, Toledo, Youngstown and more.

Contact

<http://adaptivesportsohio.org>

Related Resources

- [Cleveland Clinic Healthy Strides Program, Beachwood](#) - Beachwood

SOLON

Blue Ribbon Adapted Recreation Programming (Children 12 and older)

Blue Ribbon programs are open to non-Solon residents as well as residents. Register at the Solon Community Center between 6 am and 7:30 pm (weekdays) and 8 am and 5:30 pm (weekends). Please allow enough time prior to registration deadline for mail in registration. In order to obtain the most up to date programming information, it is highly recommended to subscribe to the "Notify Me" Blue Ribbon Recreation Program email list on the www.solonohio.org website. To find it, scroll down to "Notify Me" in the center of the screen, sign in by typing your email address and click on the subscribe icon next to the Blue Ribbon Recreation Program. Check website for the latest days and times of programs.

Outdoor playground for both able and disabled children. Open 6 a.m. to 10 p.m. daily.

Location

Solon Community Center
35000 Portz Parkway
Solon, OH 44139

Contact

Linda Creviston (lcreviston@solonohio.org)

(440) 337-1427

www.facebook.com/solonblueribbon

Programs

YogaReach

13 and older

TBD

Basketball

13 and older

TBD

Cosmic Bowling

14 and older

TBD

Cross Country Skiing

12 and older

TBD

Bocce Ball

14 and older

TBD

Snowshoeing

12 and older

TBD

MIDDLEBURG HEIGHTS

C.O.O.L. (Children Overcoming Obstacles in Life) Kids Race

This annual event is for physically and/or mentally challenged children of all ages. The race takes place on the grounds of LifeWorks of Southwest General and is held rain or shine. In nice weather, the children complete laps around an outdoor track. In rainy weather, the race moves indoors to the gym area. On race day, children and their families are invited to join in a pre-race warm up. The race then starts with the youngest age groups and gradually moves to the older age groups. For each group, children in wheelchairs and walkers go first. Each child receives a T-shirt, a medal and a prize for participating in the race. After the race there are games, activities and refreshments for the children and their families. It's a fun-filled day for everyone! The C.O.O.L. Kids race is supported by generous donations from physicians, families, Southwest General staff members, community organizations and members of the public. Funds raised by the race help support the "Fulfill a Dream" program.

Location

LifeWorks of Southwest General Health Center
7390 Old Oak Blvd
Middleburg Heights, OH 44130

Contact

440-816-4825

CLEVELAND HEIGHTS

Challenger Baseball, Cleveland Heights (Special needs children ages 5-22 or older)

Little League Baseball has developed a Challenger Division for children ages 5-22 with physical or mental disabilities. (Let us know if your child is older, we are totally ok with that!) Nobody is ever called out on strikes – ever! Everyone is safe at first base and a good time is guaranteed. Our goal is for children with special needs to have the opportunity to play organized team baseball. There is no residency requirement for our program. We believe that everyone should get to play.

Location

Forest Hills Park
Cleveland Heights, OH 44118

Contact

Call Sandy Mates for a registration packet
216-691-7373

www.clevelandheights.com/index.aspx?page=1757

Programs**Challenger Baseball**

There will be one Spring Training day on Sunday, May 17th from 2-3 pm at Forest Hills Park (rain location is the big gym at the CH Rec Pavilion.) All players

must attend to be evaluated and get a team assignment.

Fees: \$30 per player

TBD

For more information call:

Coach Debbie Straniero 216-297-0420

Coach Kathy Manning 216-381-4381

Remarks

Games are Sunday afternoons at 4:00 p.m. Cost is \$30 per player.

TWINSBURG

Cleveland Clinic Healthy Strides Program, Twinsburg

Location

Twinsburg Fitness Center

10084 Ravenna Road

Twinsburg, OH

Contact

Director: Jeff Jameyson

216-312-5640

Remarks

Every Saturday at 8:30 a.m. Meet at Indoor Entrance to Fitness Center

Related Resources

- [Adaptive Sports Ohio](#)
 - [Cleveland Clinic Healthy Strides Program, Beachwood](#) - Beachwood
-

MAYFIELD HEIGHTS

Empower Sports Special Needs Fitness Classes

Weekly program that introduces youth and adults with special needs fun ways to stay fit.

Location

Results Fitness

6005 Landerhaven Drive Suite C

Mayfield Heights, OH 44124

Contact

(440) 684-0460

info@resultsfitnessforlife.com

empowersports.org

Mayfield Village Recreation Adaptive Program (ASK Program)

A variety of adaptive programs for all ages and ability levels, with activities ranging from book clubs to league sports. Schedule changes monthly, cost and location vary between programs. Call or check website for updated program dates and times.

Location

Various Locations, Registration required. Call number below.

Contact

Bill Thomas

(440) 461-5163

www.mayfieldvillage.com/recreation/recreation-department

Programs

Fitness to Wellness to Fun! (13+),

Get up, get moving and have fun! Participants will be able to participate in a variety of exercises including strength training, agility drills, endurance training, motor skill reaction drills and developmental exercises.

Parent/caregiver can pay \$12/month to use facility when class is held (see front desk at Health 360).

TBD

Indoor Water Exercise (10+)

Join instructor Kate Sullivan for an opportunity to experience success, increase comfort level, exercise and have fun in an aquatic environment.

TBD

Game Nights (all ages)

Participants can play a variety of board games, volleyball, basketball, and learn organized dances.

TBD

Annual Kickball League (13+)

Join the fun in our highly popular kickball league. We will divide into teams and play a game each week. Everyone can play.

Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play.

TBD

Annual Beach Volleyball (13+)

Have fun and build skills by playing in this fun volleyball program. Participants play at Wiley Park's sand volleyball court.

Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play.

TBD

Quantum LEAP Softball League (18+ years)

All equipment provided except gloves.

Cost includes t-shirt, hat, snacks, and beverage.

TBD

YogaReach (Teens - Adults)

YogaReach is a therapeutic, educational yoga program that provides an integrated system of adaptive goa, breath work, mindfulness exercises and relaxation techniques for people of all ages and abilities. Join the fun. Teens to young adults and parents are welcome. Students experience and expand socially with lifelong friendships.

Classes taught by YogaReach Team Members. (www.yoga-reach.org)

TBD

Zumba (13+)

Class features exotic rhythms set to high energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring. It's easy to do, effective, and totally exhilarating.

TBD

Basketball Clinics

Join Varsity Basketball Coaches Mike Moran, Tim Koenig, Shannon Sword and the varsity players, and learn the fundamentals of basketball through exercises that are meant to be fun and skill building that include passing, shooting and dribbling.

TBD

Spring Walking Club with LEAP (18+ years)

Come out and get some great exercise in the Metroparks!

Meet at Euclid Creek Reservation – Highland Shelter.

TBD

Spring Outside Fun (18+ years)

Come get in shape for the Spring playing different sports and fun games together; exercising, walking and running.

TBD

Remarks

MIDDLEBURG HEIGHTS

Middleburg Heights Adaptive Swim and Sports

Adapted Swim Programs: Ages 2 to 5-1/2 (with parent) to age 15.

A.S.K. (Adaptive Sports for Kids): Ages 9 to 18.

To participate you must fill out an information sheet and a medical release form which can be downloaded at middleburgheights.com.

Registration is in person at the Community Center.

Open to residents and non-residents.

Yearly Center Members: \$35.00.

Resident, Non-Member: \$45.00.

Non-Member: \$60.00.

Programs are free except for Bumper Bowling, which charges a per person fee to the bowling alley.

Location

Middleburg Heights Community Center

Tel: (440) 234-2255

16000 Bagley Road

Middleburg Heights, OH 44130

Contact

Helga Sheppard

216-433-0811

www.middleburgheights.com/mbh/programs_classes_community_center

Programs

Adapted with Parent

A special time for parents to introduce swim skills to children with developmental delays. Children will gain confidence in aquatics with one on one parental guidance under the direction of a certified Adapted Aquatics director. Ages 2 years to 5-1/2 years with parent.

TBD

Adapted Intro Skills

Group swimming instruction with focus on individual needs for special needs students. Children will be evaluated on the first day and placed into proper skill groups. Instruction under the guidance of certified Adapted Aquatics instructors and volunteers. Ages 6 - 9 years.

TBD

Adapted Stroke Skills

Group swimming instruction for older students. Certified Adapted Aquatics instructors and volunteers will challenge these young adults to improve swim skills, learn personal water safety techniques, and promote lifetime swim challenges. Ages 10 - 15 years.

TBD

Volleyball

March - April

TBD

Day Baseball

June - July

TBD

Summer Swimming

June - August

TBD

Evening Baseball

August

TBD

Basketball

January - February

TBD

Bumber Bowling

November

Fees: Per person fee to the bowling alley.

TBD

BROADVIEW HEIGHTS

NeoChallenger Little League Baseball

The Challenger Division was established in 1989 as a separate division of Little League to enable boys and girls with physical and mental challenges (ages 5-18, or up to age 22 if still enrolled in high school) to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide. Today, more than 30,000 children participate in more than 900 Challenger Divisions worldwide.

Teams are set up according to abilities, rather than age, and can include as many as 15-20 players. Challenger games can be played as t-ball games, coach pitch, player pitch, or a combination of the three. In a Challenger game, each player gets a chance at bat. The side is retired when the offense has batted through the roster. No score is kept, per the recommendation of Little League. The Challenger players wear the same uniforms, shoulder patches, and safety equipment as other Little League players.

Location

1712 E. Royalton Road
Broadview Heights, OH 44147

Contact

James Cipriani, President
440-526-0394
jamescipriani@sbcglobal.net

HIGHLAND HEIGHTS

Nick's Knights Special Needs Basketball Camp for Boys and Girls

Event is in February. Free Nick's Knights Basketball T-shirts and Prizes. Each participant will be partnered with a SPB basketball player. Families are welcomed and encouraged to attend!

Location

Saint Paschal Baylon
5384 Wilson Mills Road
Highland Heights, OH 44143

Contact

Coach Salcer
CoachSalcer@gmail.com

PEPPER PIKE

Orange Village Special Needs Swimming

This program is for children with special needs ages 10-18 years of age. Swimmers must be able to swim multiple laps of the pool on their back and front. Coaches will work with swimmers to develop strokes, learn starts and finishes. This program will focus on fitness and exercise and will provide opportunities for individual instruction and making friends. Call for the latest days and times of programs.

Special Needs Swim Team: Ages 3-13 years and 14-21 years. Group meets Tuesdays & Thursdays September 10th to October 10th (10 sessions) 4:00-4:50 p.m.

Location

Orange Recreation Department Swim Program
Orange High School Swimming Pool
32000 Chagrin Blvd
Pepper Pike, OH 44124

Contact

(216) 831-8601

PARMA

Parma Pride Adapted Sports

This FREE program is offered to individuals with physical and mental limitations that inhibit them from participating in traditional recreational programs. Parma Pride, Directed by Greg Karaffa, offers a variety of sport related activities that are fun and adapted to fit the needs of those individuals that want to develop additional skills. We will strive to make this a successful and enjoyable experience for our youth participants, preschool through adult. We hope to build motor skills as well as a strong understanding of all the activities involved. Parents or a family member are encouraged to participate alongside their athlete so the skills can be utilized at home and in a community setting.

Programs are for Parma residents and run in mid-March, mid-June and mid-October. Contact the department for more details or check the website for current programs. Parma PRIDE also has a Facebook page to follow upcoming activities.

Location

Various locations based on activity
Parma Recreation Department
7335 Ridge Rd
Parma, OH 44129

Contact

440-885-8144

www.cityofparma-oh.gov/en-us/Recreation-Department.aspx

PARMA

Parma SOAR! Monday Bowling Nights (Adults 18 and older)

Join us for some late afternoon bowling from 3:30 until 4:45 and then enjoy a snack. Always a fun day...hope you can 'spare the time'. Call for updated dates and times.

Location

Freeway Lanes
12859 Brookpark Road
Parma, OH 44130

Contact

(440) 327-6454

Programs

Parma SOAR! Monday Bowling Nights

Limited to 28 participants (18 and older)
Runs along a 6 week session.

Fees: \$25 for the session

TBD

Call for updated dates and times.

PARMA

Parma SOAR! Thursday Indoor Games (Adults 18 and older)

Join us for some walking AND indoor games on Thursday nights! We'll play baggo, wiffleball, kickball as well as some 'surprise' games. Always a lot of fun! Call for updated dates and times.

Location

Big Creek Center
6149 West 130th Street
Parma, OH 44130

Contact

(440) 327-6454

Programs

Parma SOAR! Thursday Indoor Games

Limited to 30 participants (18 and older)
Runs along a 6 week session.

Fees: \$15 for the session

TBD

Call for updated dates and times.

FAIRVIEW PARK

Rec Connect: The Sports Connection

Focusing on mastery of a variety of sports skills and games, interacting socially with peers, participating in teamwork/teambuilding activities, and demonstrating good sportsmanship. Participants will learn a variety of sports games, rules, and skills. Participants will follow a schedule of activities, intertwining individual therapeutic goals with gross motor activities, socialization, teambuilding activities, games, and a variety of strategically adapted sports activities. Positive reinforcement and behavioral strategies are used to assist participants learning and mastery of skills.

Each participant will receive:

- 1:1 Recreation Therapy Standardized Assessment prior to the start of the group
- 4 individualized goals addressed weekly
- Photo Album of highlights throughout the group

Location

Gemini Center
21223 Lorain Road
Fairview Park, OH 44126

Contact

www.rec2connect.com/The_Sports_Connection.html

Programs

The Sports Connection

6-12 years of age

TBD

The Group Connection

3-5 years of age

TBD

Special Olympics (Adults and Children)

The mission of Special Olympics Ohio is to provide year-round sports training and competition opportunities for children and adults with intellectual disabilities. Special Olympics contributes to the physical, social, and psychological development of the athletes. Through successful experiences in sports, they gain confidence and build a positive self-image which carries over into the classroom, home, job and community.

Contact

Contact for Cuyahoga, Geauga, Lake and Lorain Counties: Jeff Vermillion
levspoly@aol.com
www.specialolympics.org

AVON, OHIO

Swimming at French Creek Family YMCA

Goldfish Spectrum

This program is for swimmers with acute to severe autism. Swimmers that would be comfortable in small a group setting. Basic swim team skills and drills specialized for children on the autistic spectrum are taught in this program. Stroke improvement at a swim team

standard. All four competitive strokes will be covered-Freestyle, Backstroke, Breaststroke, Butterfly, Starts from starting blocks, competitive turns, including open and flip turns.

Location

2010 Recreation Lane
Avon, Ohio , OH 44011

Contact

(440) 934-9622

Fees

Call for more information.

Exercise Programs for Adults - Cleveland

FAIRVIEW PARK

Fairview Park, SOAR! Saturday Seated Volleyball (Adults 18 and older)

Join us for an evening of seated volleyball. We'll use a beach ball to test your VB skills. Ideal for wheelchairs and promises lots of fun and laughs! Call for updated dates and times.

Location

Gemini Center
21223 Lorain Road
Fairview Park, OH 44126

Contact

(440) 327-6454

Programs

SOAR! Saturday Seated Volleyball

Limited to 26 participants (18 and older)
Runs with a 6 week session.

Fees: \$20 for the session

TBD

Call for updated dates and times.

FAIRVIEW PARK

Fairview Park, SOAR! Tuesday Dancercize (Adults 18 and older)

Join Dee and your SOAR! Staff for a fantastic hour of exercise. We'll work out to a great selection of tunes and have a wonderful time too! Call for updated dates and times.

Location

Gemini Center
21223 Lorain Road
Fairview Park, OH 44126

Contact

(440) 327-6454

Programs

SOAR! Tuesday Dancercize

Limited to 35 participants (18 and older)
Runs in 6 week sessions.

Fees: \$20 for the 6 week session

TBD

Call for updated dates and times.

Exercise Programs for Adults - West Side

BRECKSVILLE

3 Trackers of Ohio Adaptive Ski Program

People with disabilities who are interested in adaptive skiing will be provided with adaptive instruction and equipment. A small donation will also be asked to help defray operational expenses. Sessions are provided for 2-3 hours depending on weather conditions and the persons desire and endurance. Instruction is geared to the persons abilities and interests. It is essential that any person considering adaptive skiing consult with their physician to make sure they are medically stable. Adaptive skiing although generally safe, can be strenuous and physically demanding. Ohio winters can be cold, so dress appropriately for the weather conditions.

There is adaptive equipment available to assist people with visual impairments, people with poor balance that can walk and for people who cannot walk and use a wheelchair for daily mobility. The most common types of equipment include the mono-ski (a sit ski that requires good balance and upper body function), the Bi-ski (a sit ski that can be used for people with poor balance and limited upper and lower body movement) as well as outriggers and other devices for people who can stand up while skiing.

Location

Brandywine Ski Resort
Brecksville, OH

Contact

Mark Deitz, President
216-556-0787
ThreeTrackers@gmail.com

STRONGSVILLE

Cleveland Clinic Healthy Strides Program, Strongsville

Meet in Main Lobby near Cafeteria. Non-Members are welcome to attend at no charge.

Location

Strongsville Recreation Center
18100 Royalton Road
Strongsville, OH 44136

Contact

Director: Jeff Jameyson
216-312-5640

Remarks

Every Saturday at 8:30 a.m.

FAIRVIEW PARK

Fairview Park, SOAR! Saturday Seated Volleyball (Adults 18 and older)

Join us for an evening of seated volleyball. We'll use a beach ball to test your VB skills. Ideal for wheelchairs and promises lots of fun and laughs! Call for updated dates and times.

Location

Gemini Center
21223 Lorain Road
Fairview Park, OH 44126

Contact

(440) 327-6454

Programs

SOAR! Saturday Seated Volleyball

Limited to 26 participants (18 and older)
Runs with a 6 week session.

Fees: \$20 for the session

TBD

Call for updated dates and times.

FAIRVIEW PARK

Fairview Park, SOAR! Tuesday Dancercise (Adults 18 and older)

Join Dee and your SOAR! Staff for a fantastic hour of exercise. We'll work out to a great selection of tunes and have a wonderful time too! Call for updated dates and times.

Location

Gemini Center
21223 Lorain Road
Fairview Park, OH 44126

Contact

(440) 327-6454

Programs

SOAR! Tuesday Dancercise

Limited to 35 participants (18 and older)
Runs in 6 week sessions.

Fees: \$20 for the 6 week session

TBD

Call for updated dates and times.

STRONGSVILLE

ParkFit Mall Walkers Club, Strongsville

The ParkFit Mall Walkers Club is a combined effort of Southwest General and SouthPark Mall in Strongsville. The Club provides an opportunity for community residents to improve their health by walking for exercise in a safe, interesting and climate-controlled facility. For those with specific distance goals, the miles will add up as you walk in comfort and with friends. The total distance of the upper and lower level of the Westfield South Park Mall is approximately ½ mile per level. Additionally, you can enjoy the changing scenery as merchant displays and shoppers change with the seasons... all without worrying about weather or your safety. ParkFit offers monthly meetings featuring health screenings and programs, walking incentives, free refreshments and a newsletter.

Location

SouthPark Mall
500 SouthPark Center
Strongsville, OH 44136

Contact

440-816-4037

Remarks

ParkFit members may walk during the following times: 9-10a.m. daily; 10-11a.m. Sundays. Closed Thanksgiving, Christmas and Easter.

PARMA

Parma SOAR! Thursday Indoor Games (Adults 18 and older)

Join us for some walking AND indoor games on Thursday nights! We'll play baggo, wiffleball, kickball as well as some 'surprise' games. Always a lot of fun! Call for updated dates and times.

Location

Big Creek Center
6149 West 130th Street
Parma, OH 44130

Contact

(440) 327-6454

Programs

Parma SOAR! Thursday Indoor Games

Limited to 30 participants (18 and older)
Runs along a 6 week session.

Fees: \$15 for the session

TBD

Call for updated dates and times.

PARMA

Parma SOAR! Wednesday Aerobics (Adults 18 and older)

Join this popular activity with Angie. Listen to great tunes while we work on strength, endurance & flexibility. Always a great time...see you there! Call for updated dates and times.

Location

Big Creek Center
6149 West 130th Street
Parma, OH 44130

Contact

(440) 327-6454

Programs

Parma SOAR! Wednesday Aerobics

Limited to 45 participants (18 and older)
Runs along a 6 week session.

Fees: \$20 for the session

TBD

Call for updated dates and times.

Exercise Programs for Adults - East Side

BEACHWOOD

Cleveland Clinic Healthy Strides Program, Beachwood

Location

Beachwood Place Mall
26300 Cedar Rd
Beachwood, OH

Contact

Director: Jeff Jameyson
216-312-5640

Remarks

Every Saturday at 8:30 a.m. Meet at Food Court Entrance.

Exercise Programs for Children - Cleveland

Exercise Programs for Children - West Side

LAKEWOOD

Lakewood Family YMCA (Adaptive Swim Lessons Children & Young Adults)

Location

16915 Detroit Road
Lakewood, OH 44107

Contact

Monica Zayd
(216) 521-8400
mzayd@clevelandymca.org
www.clevelandymca.org/lakewood.html

Programs

Adaptive Swim Lessons for Special Needs

Two instructors and up to four children or young adults who for one reason or another may need a little extra care.

TBD

Children and Adults

Multi-level Lesson

Swim Lesson for ages 3-5 the instructor will focus on each child's individualized needs. This lesson is geared to group swimmers of all abilities for instruction together.

TBD

Ages 3-5

Multi-level Lesson

Swim Lesson for ages 6-12 the instructor will focus on each child's individualized needs. This lesson is geared to group swimmers of all abilities for instruction together.

TBD

Ages 6-12

MIDDLEBURG HEIGHTS

Middleburg Heights Adaptive Swim and Sports

Adapted Swim Programs: Ages 2 to 5-1/2 (with parent) to age 15.

A.S.K. (Adaptive Sports for Kids): Ages 9 to 18.

To participate you must fill out an information sheet and a medical release form which can be downloaded at middleburgheights.com.

Registration is in person at the Community Center.

Open to residents and non-residents.

Yearly Center Members: \$35.00.

Resident, Non-Member: \$45.00.

Non-Member: \$60.00.

Programs are free except for Bumper Bowling, which charges a per person fee to the bowling alley.

Location

Middleburg Heights Community Center
Tel: (440) 234-2255
16000 Bagley Road
Middleburg Heights, OH 44130

Contact

Helga Sheppard
216-433-0811
www.middleburgheights.com/mbh/programs_classes_community_center

Programs

Adapted with Parent

A special time for parents to introduce swim skills to children with developmental delays. Children will gain confidence in aquatics with one on one parental guidance under the direction of a certified Adapted Aquatics director. Ages 2 years to 5-1/2 years with parent.

TBD

Adapted Intro Skills

Group swimming instruction with focus on individual needs for special needs students. Children will be evaluated on the first day and placed into proper skill groups. Instruction under the guidance of certified Adapted Aquatics instructors and volunteers. Ages 6 - 9 years.

TBD

Adapted Stroke Skills

Group swimming instruction for older students. Certified Adapted Aquatics instructors and volunteers will challenge these young adults to improve swim skills, learn personal water safety techniques, and promote lifetime swim challenges. Ages 10 - 15 years.

TBD

Volleyball

March - April

TBD

Day Baseball

June - July

TBD

Summer Swimming

June - August

TBD

Evening Baseball

August

TBD

Basketball

January - February

TBD

Bumber Bowling

November

Fees: Per person fee to the bowling alley.

TBD

Exercise Programs for Children - East Side

BEDFORD

Bedford Athletic Club

Bedford AC Soccer offers an "Adaptive" Soccer Program for Bedford children ages 5-18 with physical and/or mental disabilities. This Program will emphasize meaningful participation, teamwork and fun. We will teach the basic fundamentals of the game of soccer, while encouraging our athletes to develop their technical skills as well as building self-esteem. Each player will have a buddy who will assist them on the field. The buddies will instruct and encourage the players, while providing individual accommodations, to ensure the safety and full enjoyment of the game.

Location

Various locations
Bedford, OH

Contact

Peter MacDonald, BAC Adaptive Program manager
471-0552
petemacdonald@comcast.net
<https://leagueathletics.com/Default.asp?org=bedfordac.com>

Programs

Adapted Soccer

Fees: \$55 for residents and non-residents
TBD

SOLON

Blue Ribbon Adapted Recreation Programming (Children 12 and older)

Blue Ribbon programs are open to non-Solon residents as well as residents. Register at the Solon Community Center between 6 am and 7:30 pm (weekdays) and 8 am and 5:30 pm (weekends). Please allow enough time prior to registration deadline for mail in registration. In order to obtain the most up to date programming information, it is highly recommended to subscribe to the "Notify Me" Blue Ribbon Recreation Program email list on the www.solonohio.org website. To find it, scroll down to "Notify Me" in the center of the screen, sign in by typing your email address and click on the subscribe icon next to the Blue Ribbon Recreation Program. Check website for the latest days and times of programs.

Outdoor playground for both able and disabled children. Open 6 a.m. to 10 p.m. daily.

Location

Solon Community Center
35000 Portz Parkway
Solon, OH 44139

Contact

Linda Creviston (lcreviston@solonohio.org)
(440) 337-1427
www.facebook.com/solonblueribbon

Programs

YogaReach

13 and older
TBD

Basketball

13 and older
TBD

Cosmic Bowling

14 and older
TBD

Cross Country Skiing

12 and older

TBD

Bocce Ball

14 and older

TBD

Snowshoeing

12 and older

TBD

PEPPER PIKE

Orange Village Special Needs Swimming

This program is for children with special needs ages 10-18 years of age. Swimmers must be able to swim multiple laps of the pool on their back and front. Coaches will work with swimmers to develop strokes, learn starts and finishes. This program will focus on fitness and exercise and will provide opportunities for individual instruction and making friends. Call for the latest days and times of programs.

Special Needs Swim Team: Ages 3-13 years and 14-21 years. Group meets Tuesdays & Thursdays September 10th to October 10th (10 sessions) 4:00-4:50 p.m.

Location

Orange Recreation Department Swim Program
Orange High School Swimming Pool
32000 Chagrin Blvd
Pepper Pike, OH 44124

Contact

(216) 831-8601

Exercise Programs for Any Age

Active Ape, Inc.

A team of in home personal trainers connecting to all walks of life through fitness, especially those with special needs! We work mostly with adults and teenagers who receive parental permission. We focus on training any individual with special needs and their families, if desired. Participants set their own goals and work with the trainers to achieve those goals, which can be from weight loss to sport specific training. Staff consists of certified personal trainers, so services can extend beyond services for individuals with special needs. The desired goal is to help families adopt a healthy lifestyle in their own home. Training packages vary on price, but start at \$80 per month.

Contact

John McCoy
440-813-9011

BEACHWOOD, OH

Aquatic Therapy and Personal Training at the Mandel JCC

An intake interview may need to be scheduled for interested youth prior to acceptance into some programs. Contact Jamie Cohen at (216) 831-0700 ext. 1384 or jcohen@mandeljcc.org.

Location

26001 South Woodland Road
Beachwood, OH , OH 44122

Contact

Jamie Cohen
(216) 831-0700 ext. 1384
jcohen@mandeljcc.org
<http://www.mandeljcc.org/programs-for-children-with-disabilities/childrens-programs/>

Programs

Special Needs Aquatic Therapy (2 - adult)

Goals for this one-on-one program include an increase in muscle tone, strength, balance, coordination, range of motion, flexibility, spatial awareness & cardiovascular function. Additional goals include mastery of swimming skills, safety in/around water & decreased anxiety, stress, and fear of water. Aquatic equipment and therapeutic techniques used. Includes phone consultation, assessments, detailed list of goals and a treatment plan, followed by documentation of progress.

Fees: \$220 Members
\$240 Community
4 (45) minute sessions

TBD

Program run by Rec2connect, LLC. Call (330) 703-9001 to get started.

Personal Training

The Mandel JCC has qualified personal trainers who can work one-on-one with both adults and children with special needs. The professional staff will develop a safe and effective exercise program. This is an excellent way to work and tone those muscles in a safe, enjoyable and personalized way. You choose the time and day. Fees vary depending on length of session.

Fees: Variable rates.

TBD

Please contact Rich Zatta at (216) 831-0700 ext. 1398 or rzatta@mandeljcc.org to get started today.

NORTH ROYALTON

Beyond Words Music and Dance Center (Adaptive Dance)

Adapted Dance

The ultimate goal of our adaptive dance program is to mainstream our dancers into a traditional dance class. The benefit to these classes is the low teacher to student ratio (2:4-8). Skills taught in these classes are the same as a typical dance class, but are tailored to each dancer's unique needs and abilities in order to provide the most successful learning environment.

Location

North Royalton Dance Academy
6070 Royalton Road
North Royalton, OH 44133

Contact

Erin: (734) 646-9192
info@beyondwordscenter.org
www.beyondwordscenter.org

Programs

Adapted Ballet/Tap Combo

Ages 3-4 years.
A weekly 45 minute class

TBD

Adapted Dance Combo

Ages 5-8 years.
A weekly 60 minute class

TBD

Adapted Jazz/Hip Hop Dance

Ages 9-12 years.
A weekly 60 minute class

TBD

Dance Sampler

Ages 13-18 years.
A weekly 60 minute class

TBD

Private Adapted Dance

Any age.

A private dance class allows the teacher to focus on the skills and needs of the dancer. We tailor private lessons to developing the dancers' skills in social, communication and gross motor, as well as developing a foundation for dance. Your family and dancer can choose the style of class: lyrical, ballet, jazz, tap, tumbling, yoga or creative movement. If there is no known preference, an exploration of various styles occurs over two classes.

TBD

Learning Groove Parent/Child Classes

Newborn to 5 years old.

Beyond Words is proud to offer The Learning Groove's Parent and Child Music and Movement classes for young children and their parents. Our focus is on children ages newborn to five. Our mission is to empower children to reach their full musical, academic and creative potential. The Learning Groove is created by the author (Eric Litwin) and music producer (Michael Levine) of the first four New York Times Bestselling Pete The Cat picture books. For more information, see www.thelearninggroove.com

TBD

Yoga

Ages 2-5 years plus parent.

This 45-minute class is perfect for all children, including those who are typically developing and those with special needs. Classes consist of breathing exercises, music, stories, games, yoga poses, and relaxation at the end of the class.

TBD

OAKWOOD VILLAGE

Brandon's Place (Autism Community)

Brandon's Place is a new nonprofit organization located in Oakwood Village, Ohio that provides personalized and interactive services to the autism community. We are a non-therapeutic center and serve those just diagnosed through adulthood. Our focus is delivering recreational programming to individuals with autism and their families, just choose a program, sign up and have fun!

Location

26118 Broadway Ave
Oakwood Village, OH 44146

Contact

info@brandonsplace.org
(440) 232-9906
www.brandonsplace.org

Programs

Come Dance With Me

10+ years.

This creative movement dance class gives individuals with autism an opportunity to express themselves and socialize with others while dancing. The class will take individuals through movement, dance, improvisation and learning to partner. Simple steps will be taught throughout each class, working towards presenting a holiday recital to showcase our improvement and growth! Visual supports, choice time, motivating and non-invasive movements, sensory breaks, and a comforting atmosphere make these classes ideal for individuals with autism.

TBD

Fitness For Fun

All ages.

This class provides a casual environment to explore different aspects of physical fitness in a fun and structured manner. Individuals will be engaged in different physical warm-up techniques to enhance body awareness, range of motion, and gross motor imitation. Activities will include stretching, rotating gross motor stations, relays, and obstacle courses all while working together and having fun. There will be use of visual supports, choice time, motivating and non-invasive movements, sensory breaks, and a comfortable atmosphere making these classes ideal for individuals with autism. Typical peers always welcome.

TBD

Yoga

10+ years.

Students will learn yoga poses, breath and meditation in a friendly, intimate and structured environment. Each week students will learn and review 5-10 poses, basic breathing and meditation techniques. The room will have soothing music and will have soft lighting. There will be detailed auditory and visual cues. The initial poses will be downward dog, cat, cow, cobra, river, tree, bridge and dolphin. The initial breathing styles will be: snake breath, elephant breath, bumblebee breath, bunny breath.

Class requirements: Students can easily remain balanced on their mat while in a seated, standing or kneeling position. They can effortlessly forward bend as well as having good body awareness. If you have questions about the class requirements, please contact us and we will answer any questions you may have.

TBD

Cleveland Metroparks

All Outdoor Recreation programs have been evaluated regarding accessibility and activity level. With our professionally trained staff and ability to make equipment adaptations, most programs are accessible to anyone who would like to participate. For further information regarding program accessibility, please contact Outdoor Recreation.

Contact

Please contact Outdoor Recreation
(216) 341-1704
www.clevelandmetroparks.com/Main/Experiences/Accessible-Activities-7.aspx

Remarks

Activities are located throughout the Cleveland area.

BEDFORD HEIGHTS

Cleveland Metroparks Walking Works Program, Bedford Heights

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Bedford Reservation, starts at Hemlock Creek Picnic Area. Hemlock Look Trail, 1 mile (easy trail).
Bedford Heights, OH 44146

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

BENTLEYVILLE VILLAGE

Cleveland Metroparks Walking Works Program, Bentleyville Village

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

South Chagrin Reservation, start at Arboretum parking lot. Forest Loop Trail, 1 mile (easy trail).
Bentleyville Village, OH 44022

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

BEREA

Cleveland Metroparks Walking Works Program, Berea

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Mill Stream Run Reservation, start at South Quarry Trailhead
Berea, OH 44017

Contact

<http://www.clevelandmetroparks.org/Main/Walking-Works.aspx>

Remarks

South Quarry Loop Trail, 1.1 miles (easy trail).

BRECKSVILLE

Cleveland Metroparks Walking Works Program, Brecksville

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Brecksville Reservation, start at Brecksville Nature Center
Brecksville, OH 44141

Contact

<http://www.clevelandmetroparks.org/Main/Walking-Works.aspx>

Remarks

Hemlock Loop Trail, 2.5 miles (strenuous trail).

CUYAHOGA HEIGHTS

Cleveland Metroparks Walking Works Program, Cuyahoga Heights Village

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Ohio & Erie Canal Reservation, start at CanalWay Center. Lower 40 Loop Trail, 1.2 miles (moderate trail).
Cuyahoga Heights, OH 44125

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

EUCLID

Cleveland Metroparks Walking Works Program, Euclid

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Euclid Creek Reservation, starts at Welsh Woods Picnic Area. Squirrel Run Trail, 2.4 miles (moderate trail).
Euclid, OH 44132

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

GARFIELD HEIGHTS

Cleveland Metroparks Walking Works Program, Garfield Heights

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Garfield Park Reservation, start at Garfield Park Nature Center. Iron Springs Loop Trail, 1.2 miles (easy trail).
Garfield Heights, OH 44125

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

GATES MILLS

Cleveland Metroparks Walking Works Program, Gates Mills Village

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

North Chagrin Reservation, start at Strawberry Picnic Area. White Pine Loop Trail, 1 mile (easy trail).
Gates Mills, OH 44040

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

HINCKLEY

Cleveland Metroparks Walking Works Program, Hinckley

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Hinckley Reservation, start at Hinckley Lake Boat House
Hinckley, OH 44233

Contact

<http://www.clevelandmetroparks.com/Main/Walking-Works.aspx>

Remarks

Hinckley Lake Loop Trail, 3.4 miles (moderate trail).

LYNDHURST

Cleveland Metroparks Walking Works Program, Lyndhurst

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Acacia Reservation, starts at Cedar Road parking lot. All Purpose Trail 1.7 miles (easy walk).
Lyndhurst, OH 44124

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

MIDDLEBURG HEIGHTS

Cleveland Metroparks Walking Works Program, Middleburg Heights

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Big Creek Reservation, start at Beyer's Pond Trailhead. Beyer's Pond Loop Trail, 0.7 miles (easy trail)
Middleburg Heights, OH 44130

Contact

<http://www.clevelandmetroparks.com/Main/Walking-Works.aspx>

Cleveland Metroparks Walking Works Program, North Chagrin Reservation

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

North Chagrin Reservation, start at Strawberry Picnic Area. White Pine Loop Trail, 1 mile (easy trail).

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

NORTH OLMSTED

Cleveland Metroparks Walking Works Program, North Olmsted

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Bradley Woods Reservation, start at Bradley Woods Reservation parking lot. Bunns Lake Loop Trail, 0.5 miles (easy trail).
Rocky River Reservation, start at Rocky River Nature Center. Wildlife Management Loop Trail, 1.5 miles (moderate trail).
North Olmsted, OH 44070

Contact

<http://www.clevelandmetroparks.com/Main/Walking-Works.aspx>

Cleveland Metroparks Walking Works Program, Walton Hills Village

Research shows walking leads to better health. Now you can feel better while discovering the wonders of nature. From June through October, hike at least 8 of 13 designated trails on your own – at any time – its fun and easy. After completing each walk, date your Walking Works form. Complete eight walks and return your form to Cleveland Metroparks to receive this year's Walking Works shield to display on your own walking stick. Want to walk with others while learning about the natural features of the trails? Naturalist-led hikes along some of the designated trails will be available June through October. Look for [Naturalist-Led Walking Works Hikes](#) in the *Emerald Necklace* newsletter.

Location

Bedford Reservation, starts at Hemlock Creek Picnic Area. Hemlock Loop Trail, 1 mile (easy trail).

Contact

www.clevelandmetroparks.com/Main/Walking-Works.aspx

CLEVELAND

Dancing Wheels Company and School

Through weekly in-studio classes and community outreach programs, The School of Dancing Wheels uses movement and performance in a unique approach to education and therapy. Individuals who previously found limited access to the arts due to physical, sensory, or developmental disabilities will enjoy inclusive dance and participatory learning with their disabled and non-disabled peers. The result is a freeing, educational and joyous art experience for children and adults.

Location

Dancing Wheels Company and School
3615 Euclid Avenue
Cleveland, OH 44115

Contact

216-432-0306

Empower Sports

Variety of sports programs at various locations throughout Northeast Ohio. See website for more details and to register for their programs.

Contact

<http://Empowersports.org>

MAYFIELD HEIGHTS

Empower Sports Special Needs Fitness Classes

Weekly program that introduces youth and adults with special needs fun ways to stay fit.

Location

Results Fitness
6005 Landerhaven Drive Suite C
Mayfield Heights, OH 44124

Contact

(440) 684-0460
info@resultsfitnessforlife.com
empowersports.org

EUCLID

Euclid Family YMCA

At the YMCA, we believe that everyone deserves the opportunity to learn, grow, and thrive. That's why no one is turned away because of the inability to pay. Our annual support campaign raises funds to subsidize the costs of membership and programs. Stop by your branch Member Service desk for details on how to apply for financial assistance, or how you can give to help someone in your local community. Please visit www.ClevelandYMCA.org for membership types, complete class descriptions, schedules, policies, and pricing for each program session.

Location

Euclid Family YMCA
631 Babbitt Road
Euclid, OH 44123

Contact

(216) 731-7454
www.clevelandymca.org/euclid.html

CLEVELAND

Greater Cleveland YMCA

At the YMCA of Greater Cleveland, we believe that everyone deserves the opportunity to learn, grow, and thrive. That's why no one is turned away because of the inability to pay. Our annual support campaign raises funds to subsidize the costs of membership and programs. Stop by your branch Member Service desk for details on how to apply for financial assistance, or how you can give to help someone in your local community. Please visit www.ClevelandYMCA.org for membership types, complete class descriptions, schedules, policies, and pricing for each program session.

Location

2200 Prospect Avenue East
Cleveland, OH 44115

Contact

216-377-7700
www.clevelandymca.org

LYNDHURST

Hillcrest Family YMCA

At the YMCA we believe that everyone deserves the opportunity to learn, grow, and thrive. That's why no one is turned away because of the inability to pay. Our annual support campaign raises funds to subsidize the costs of membership and programs. Stop by your branch Member Service desk for details on how to apply for financial assistance, or how you can give to help someone in your local community. Please visit www.ClevelandYMCA.org for membership types, complete class descriptions, schedules, policies, and pricing for each program session.

Location

Hillcrest Family YMCA
5000 Mayfield Road
Lyndhurst, OH 44124

Contact

www.clevelandymca.org/hillcrest-lyndhurst.html

LAKEWOOD

Lakewood Family YMCA (Special Needs Swim Lessons)

Adaptive Swim Lessons for Special Needs (children and adults)

Two instructors and up to four children or young adults who for one reason or another may need a little extra care.

Location

Lakewood Family YMCA
16915 Detroit Road
Lakewood, OH 44107

Contact

Monica Zayd
(216) 521-8400
mzayd@clevelandymca.org
www.clevelandymca.org/lakewood.html

Remarks

Call for more information

BEACHWOOD

Mandel Jewish Community Center Program for Individuals with Disabilities

Location

26001 South Woodland Road
Beachwood, OH 44122

Contact

Jamie Cohen
216-831-0700 x1384
jcohen@mandeljcc.org
<http://www.mandeljcc.org/>

Programs

Special Needs Aquatic Therapy

Goals for this one-on-one program include an increase in muscle tone, strength, balance, coordination, range of motion, flexibility, spatial awareness & cardiovascular function. Additional goals include mastery of swimming skills, safety in/around water & decreased anxiety, stress, and fear of water. Aquatic equipment and therapeutic techniques used. Includes phone consultation, assessments, detailed list of goals and a treatment plan, followed by documentation of progress.

Fees: \$220 Members
\$240 Community
4 45-minute sessions

TBD

Program run by Rec2connect, LLC. Call 330-703-9001 to get started.

Personal Training

The Mandel JCC has qualified personal trainers who can work one-on-one with both adults and children with special needs. The

professional staff will develop a safe and effective exercise program. This is an excellent way to work and tone those muscles in a safe, enjoyable and personalized way. You choose the time and day. Fees vary depending on length of session.

Fees: Variable rates.

TBD

Please contact Rich Zatta at 216-831-0700 x1398 or rzatta@mandeljcc.org to get started today.

Preston's H.O.P.E.

Outdoor playground for both able and disabled children. Open 6 a.m. to 10 p.m. daily.

Fees: Free

TBD

Remarks

An intake interview may need to be scheduled for interested youth prior to acceptance into some programs.

Mayfield Village Recreation Adaptive Program (ASK Program)

A variety of adaptive programs for all ages and ability levels, with activities ranging from book clubs to league sports. Schedule changes monthly, cost and location vary between programs. Call or check website for updated program dates and times.

Location

Various Locations, Registration required. Call number below.

Contact

Bill Thomas
(440) 461-5163

www.mayfieldvillage.com/recreation/recreation-department

Programs

Fitness to Wellness to Fun! (13+),

Get up, get moving and have fun! Participants will be able to participate in a variety of exercises including strength training, agility drills, endurance training, motor skill reaction drills and developmental exercises.

Parent/caregiver can pay \$12/month to use facility when class is held (see front desk at Health 360).

TBD

Indoor Water Exercise (10+)

Join instructor Kate Sullivan for an opportunity to experience success, increase comfort level, exercise and have fun in an aquatic environment.

TBD

Game Nights (all ages)

Participants can play a variety of board games, volleyball, basketball, and learn organized dances.

TBD

Annual Kickball League (13+)

Join the fun in our highly popular kickball league. We will divide into teams and play a game each week. Everyone can play.

Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play.

TBD

Annual Beach Volleyball (13+)

Have fun and build skills by playing in this fun volleyball program. Participants play at Wiley Park's sand volleyball court.

Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play.

TBD

Quantum LEAP Softball League (18+ years)

All equipment provided except gloves.

Cost includes t-shirt, hat, snacks, and beverage.

TBD

YogaReach (Teens – Adults)

YogaReach is a therapeutic, educational yoga program that provides an integrated system of adaptive goa, breath work, mindfulness exercises and relaxation techniques for people of all ages and abilities. Join the fun. Teens to young adults and parents are welcome. Students experience and expand socially with lifelong friendships.

Classes taught by YogaReach Team Members. (www.yoga-reach.org)

TBD

Zumba (13+)

Class features exotic rhythms set to high energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring. It's easy to do, effective, and totally exhilarating.

TBD

Basketball Clinics

Join Varsity Basketball Coaches Mike Moran, Tim Koenig, Shannon Sword and the varsity players, and learn the fundamentals of basketball through exercises that are meant to be fun and skill building that include passing, shooting and dribbling.

TBD

Spring Walking Club with LEAP (18+ years)

Come out and get some great exercise in the Metroparks!

Meet at Euclid Creek Reservation – Highland Shelter.

TBD

Spring Outside Fun (18+ years)

Come get in shape for the Spring playing different sports and fun games together; exercising, walking and running.

TBD

Remarks

NORTH ROYALTON

North Royalton Family YMCA

At the YMCA, we believe that everyone deserves the opportunity to learn, grow, and thrive. That's why no one is turned away because of the inability to pay. Our annual support campaign raises funds to subsidize the costs of membership and programs. Stop by your branch Member Service desk for details on how to apply for financial assistance, or how you can give to help someone in your local community. Please visit www.ClevelandYMCA.org for membership types, complete class descriptions, schedules, policies, and pricing for each program session.

Location

11409 State Road
North Royalton, OH 44133

Contact

(440) 230-9339

www.clevelandymca.org/north-royalton.html

PARMA

Parma Pride Adapted Sports

This FREE program is offered to individuals with physical and mental limitations that inhibit them from participating in traditional recreational programs. Parma Pride, Directed by Greg Karaffa, offers a variety of sport related activities that are fun and adapted to fit the needs of those individuals that want to develop additional skills. We will strive to make this a successful and enjoyable experience for our youth participants, preschool through adult. We hope to build motor skills as well as a strong understanding of all the activities involved. Parents or a family member are encouraged to participate alongside their athlete so the skills can be utilized at home and in a community setting.

Programs are for Parma residents and run in mid-March, mid-June and mid-October. Contact the department for more details or check the website for current programs. Parma PRIDE also has a Facebook page to follow upcoming activities.

Location

Various locations based on activity

Parma Recreation Department
7335 Ridge Rd
Parma, OH 44129

Contact

440-885-8144
www.cityofparma-oh.gov/en-us/Recreation-Department.aspx

PARMA

Ridgewood Family YMCA, Parma

At the YMCA, we believe that everyone deserves the opportunity to learn, grow, and thrive. That's why no one is turned away because of the inability to pay. Our annual support campaign raises funds to subsidize the costs of membership and programs. Stop by your branch Member Service desk for details on how to apply for financial assistance, or how you can give to help someone in your local community. Please visit www.ClevelandYMCA.org for membership types, complete class descriptions, schedules, policies, and pricing for each program session.

Location

Ridgewood Family YMCA
6840 Ridge Road
Parma, OH 44129

Contact

(440) 842-5200
www.clevelandymca.org/ridgewood-parma.html

The American Heart Association

Under their "Getting Healthy" tab there are a number of resources for nutrition, fitness, stress reduction, weight management, quitting smoking, workplace wellness, and healthier kids. Learn how to eat healthy, shop for healthy foods, healthy food preparation, how to make healthy food choices when eating at restaurants, how to get fit and stay motivated, cook with your kids and more.

Contact

www.heart.org/HEARTORG/

EUCLID

Totally Toned Personal Training - Break Out Fitness Club

Break Out Fitness Club empowers people with disabilities to live life to the fullest! Located in Euclid Hospital, a Cleveland Clinic hospital, Break Out Fitness Club provides a place for people with disabilities to take part in an individualized workout program. We are also a great option for those of any age after rehab ends, following an injury or illness. To better serve these specialized populations, our equipment is wheelchair accessible and our friendly, fun and supportive atmosphere will surely flex your smile as well!

Location

Cleveland Clinic Euclid Hospital
18901 Lakeshore Blvd
Euclid, OH 44119

Contact

216-548-5383
www.totallytonedpersonaltraining.com/northeast-oh-post-rehab-fitness.htm

CLEVELAND

West Park-Fairview Family YMCA

At the YMCA, we believe that everyone deserves the opportunity to learn, grow, and thrive. That's why no one is turned away because of the inability to pay. Our annual support campaign raises funds to subsidize the costs of membership and programs. Stop by your branch Member Service desk for details on how to apply for financial assistance, or how you can give to help someone in your local community. Please visit www.ClevelandYMCA.org for membership types, complete class descriptions, schedules, policies, and pricing for each program session.

Location

West Park-Fairview Family YMCA
15501 Lorain Avenue
Cleveland, OH 44111

Contact

(216) 941-5410

www.clevelandymca.org/west-park-fairview.html

WESTLAKE

West Shore Family YMCA, Westlake

At the YMCA, we believe that everyone deserves the opportunity to learn, grow, and thrive. That's why no one is turned away because of the inability to pay. Our annual support campaign raises funds to subsidize the costs of membership and programs. Stop by your branch Member Service desk for details on how to apply for financial assistance, or how you can give to help someone in your local community. Please visit www.ClevelandYMCA.org for membership types, complete class descriptions, schedules, policies, and pricing for each program session.

Location

West Shore Family YMCA
1575 Columbia Road
Westlake, OH 44145

Contact

440) 871-6885

www.clevelandymca.org/west-shore-westlake.html

KIT Kids Included Together

Kids Included Together (KIT) specializes in providing best practices training for community-based organizations committed to including children with and without disabilities into their recreational, child development and youth development